

Starting a School Breakfast Program

What is the School Breakfast Program?

The School Breakfast Program (SBP) is a federally funded program that provides reimbursement to public or non-profit private schools that serve breakfast. The School Breakfast Program is funded by the United States Department of Agriculture and administered by the Montana Office of Public Instruction. Participating schools must comply with federal nutrition standards and provide free and reduced-price breakfasts to eligible children.

Who can participate in the School Breakfast Program?

All students can participate. Depending on family income, a child may be eligible for a free or reduced-price meal. Those who do not qualify for either of these options pay for a meal.

Why serve breakfast at school?

For kids who don't have the time, appetite or money needed to eat before arriving to school, the School Breakfast Program gives them the opportunity to start the day with a healthy meal. Research shows that eating breakfast is associated with improved test scores, decreased absences and decreased behavior problems.

Where is breakfast served?

In the cafeteria

- *Allows students to socialize*
- *Increase in variety*

In the classroom

- *Boosts participation*
- *Eliminates stigma*

In the hallway

- *Grab n' go means food is packaged in a bag and can be served anywhere*
- *Increases flexibility of when and where breakfast is served*



When is breakfast served?

Before school

- *Can be combined with meetings or tutoring sessions*

During the school day

- *Ensures that all students have access*



What to Serve for Breakfast

Menu Pattern Requirements for the School Breakfast Program

Schools can choose from two types of menu plans:
food-based and nutrient standard

Food-based menu planning (Traditional and Enhanced)

- 8 ounces fluid milk as a beverage **or** on cereal
(2 fat contents: use **low-fat** choices - 1%, skim)
- ½ cup fruit **or** vegetable **or** full-strength fruit or vegetable juice
- 1 serving from each of the Grains/Breads* and Meat/Meat Alternate** components

or

Two servings from either Grains/Breads* or Meat/Meat Alternate**

Offer vs. serve – may refuse one item from any component

**A serving of grains/breads is 1 slice of bread, ½ cup, or 1 ounce. Whole grains are recommended.*

***A serving of meat is 1 ounce. Lean (low-fat) protein sources are recommended.*

Nutrient-standard menu planning

- Appropriate age/grade groups are selected
- Meals meet nutrient standards when averaged over the school week
- At least 3 menu items (entrée, side dish and milk) are offered daily
- Fluid milk is offered as a beverage each day

Offer vs. serve – may refuse one item out of the three or more required menu items

Recommendations:

- Choose low-saturated/trans fat choices.
- 2 fat contents of fluid milk are required: use **low-fat** choices (1%, skim).
- Choose **whole grains**.
- Use whole fruit or vegetables instead of juice.